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This is a fantastic book that gets right to heart of the matter. What is JKD? Did Bruce abandon Wing Chun? Was trapping still relevant? Who truly studied with Bruce Lee, and how long? This was such a great read that it has to be read over and over again. Jesse Glover was an Encyclopedia of knowledge about Bruce Lee's early material and how he went about developing his skills. My hats off to Paul Bax, great job!

Carlos Gonzalez

I've recently finished re-reading Paul's book, "Number One: Reflections of Jesse Glover, Bruce Lee's first student." This is the third time through! What I initially liked about this book is being able to read some of Jesse's personal accounts and opinions, which I have also heard in person. For me, Jesse is far more than simply Bruce Lee's first student. His contributions and skill stand alone. Although I was never an inner circle student, I was fortunate to have had some time with him and make significant progress. Certainly, it was enough time to get a basic sense of his process, and a profound appreciation for what can be achieved if we embrace our unique cognitive, psychological, and physical make up. Also, clear goals and massive repetition were emphasized.

I first met Jesse around 1996, and was taken with not only his skill, but also his calm and genuine demeanor, and sense of honesty. I remember him plainly telling me and my training partner, "you guys don't have the foundation to play with the other stuff." It wasn't an insult, it was true, an honest and pinpoint observation.

His response was to my question, "where does the sticking go from here," having seen the bare basics with not much practice at the time. By the time we saw him next time, we were better able to "play" and learn. This reminds me, when I first met Jesse, he was doing a lot of straight line entries, sticking with various pressures, lots of the "big punch," working with single and multiple attack oriented punching drills, closing, chasing, and sticking basics. From the sticking he was doing a lot of palms to the chest, laser like backfists, working various linear lines of entry and very, very slick! I was quite taken with the ideas of "educated forward pressure" and spring energy. Later on, the last few times I saw him, he was talking about the use of circles, and stealing balance, which to me was very exciting! He was an amazingly well educated man, both in terms of academia, as well as his nervous system in his ability to interrupt force, pressure, structural alignment, and balance points. Really amazing stuff!

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With this in mind, it points out another great aspect of Paul's book, perhaps my favorite, seeing part of Jesse's inspirational development reflected throughout its contents. Sequentially speaking, there is a strong sense of Jesse's personal progress. Although, there were many passages I had never heard in person, many of the thoughts and opinions I had. After a short period of reading, I could hear Jesse's voice, also visualize his relaxed

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posture and mannerisms as I continued on. I found the entries practically helpful, and simply put, quite enjoyable!

It's a great resource for folks who knew Jesse on some level, provoking fond memories and sense of nostalgia. For those who have only heard of Jesse, and know of him by reputation, Paul's collection of blog entries, student accounts, and personal letters offer a great insight into some of his training and teaching goals and methodologies. Of course, this isn't to be mistaken for close student information, and doesn't substitute personal advice or training in general. Regardless, Paul's accumulation of Jesse's entries offer honest and valuable information from the man himself. In addition, the iBook version offers access to periodic updates and valuable additions. I'm thankful for Paul's work and contributions. I'm looking forward to the next one! Great book, thank you Paul.

Michael Billings – Founder of "Synthesis"

Ironically I read the whole book on my recent trip to Seattle. I found it very enlightening. A personal glimpse not only of the life of Jesse Glover, but also that of Bruce Lee, those who knew him and how it all began. It was interesting to read about what drove Bruce Lee, and as I walked around Seattle, visiting known Bruce Lee sites, it all came alive to me. Thanks Paul for putting this together.

Rolando Rodriguez

I could sum up what I've read so far as NUMBER ONE: "Bruce Lee: Between Jeet Kune Do and Wing Chun Part II". I can see many readings and re-reading of this book. provided the forum and Jesse Glover provides the anecdotes and answers to questions about Bruce Lee, Wing Chun, Non-Classical Gung Fu and fighting in general with his own words.

Jimmy Strickland

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Carl Totten

This new book is great. I just got it and am loving everything I read. I own all of Jesse's books and used to correspond with him in the day. He was an extremely intelligent and generous person, just great to talk with. I wish you great success with this essential book. Thanks for writing it Paul.

Carl Totten

This is a great book . It gives us an sight of how it all began. The friendships and the training. It is a must have for your collection. Great work Paul. Keep it up.

Robert Waite
